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## EAT WELL, CARE WELL.

### 9 TIPS FOR BUILDING A HEALTHY MEAL FOLLOWING MYPLATE GUIDELINES

1. **Make half of your plate fruits and vegetables.** Choose fruits and vegetables of all colors.
2. **Include whole grains.** Aim to make at least half of your grain intake whole grains.
3. **Don't forget to add the dairy.** Complete your meal with a glass of fat-free or low-fat milk.
4. **Add lean protein.** Choose proteins such as lean beef, pork, chicken, turkey, fish, eggs, nuts, or beans.
5. **Avoid extra fat.** Using heavy gravies or sauces will add fat and calories to otherwise healthy choices.
6. **Get creative in the kitchen.** Find ways to make your food choices healthier or incorporate new textures.
7. **Take control of your food.** Eat at home more often so you know exactly what you are consuming.
8. **Try new foods.** Pick out new foods that you have never tried before such as quinoa, kale, or mangos.
9. **Satisfy your sweet tooth in a healthy way.** Indulge in a naturally sweet dessert dish- fruit!

### WEEKLY CHALLENGES

TRY COOKING WITH A NEW FOOD THIS WEEK.

MAKE HALF OF YOUR GRAINS WHOLE GRAIN THIS WEEK.

INCORPORATE CHEESE OR YOGURT INTO YOUR MEALS THIS WEEK.

MAKE ALL OF YOUR MEALS AT HOME THIS WEEK.

**The right mix of foods in your meals and snacks can help you be healthier now and in the future!**

GWAAR Nutrition Team in Collaboration with UW Stout Dietetic Students By: Paige Weiner 7-2021

## Healthy Dinners in 30 Minutes

### California Burger Wraps

#### Ingredients

- 1-pound lean ground beef (90% lean)
- ½ teaspoon salt
- ¼ teaspoon pepper
- lettuce leaves
- 1/3 cup crumbled feta cheese
- 2 tablespoons Light Salad dressing
- ½ medium ripe avocado, peeled and cut into 8 slices
- ¼ cup chopped red onion
- Chopped cherry tomatoes, optional

#### Directions

1. In a large bowl, combine beef, salt, and pepper, mixing lightly but thoroughly. Shape into eight ½-inch thick patties.
2. Grill burgers, covered, over medium heat or broil 3-4 in. from heat until a thermometer reads 160° for 3-4 minutes on each side.
3. Place burgers in lettuce leaves. Combine feta and salad dressing; spread over burgers. Top with avocado, red onion and tomatoes if desired.

### Spinach Quesadillas

#### Ingredients

- 3 ounces fresh baby spinach (about 4 cups)
- 4 green onions, chopped
- 1 small tomato, chopped
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- ¼ teaspoon garlic powder
- 1 cup shredded reduced-fat Monterey Jack cheese or Mexican blend cheese
- ¼ cup reduced-fat ricotta cheese
- 6 flour tortillas (6 inches)
- Reduced fat-sour cream, optional

#### Directions

1. In a large nonstick skillet, cook and stir spinach, onions, tomatoes, lemon juice, ground cumin, and garlic powder until spinach is wilted. Remove from heat, stir in cheese.
2. Top half of the tortilla with spinach mixture; fold other half over filling. Place on a griddle coated with cooking spray; cook over medium heat until golden brown, 1-2 minutes per side. Cut quesadillas in half; if desired, serve with sour cream.

**Health Tip:** Use whole wheat tortillas. Add leftover chicken, beef or beans to add more protein.

Recipes adapted from [tasteofhome.com](http://tasteofhome.com)

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